



DEPARTMENT OF THE ARMY
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SAFETY/ OCCUPATIONAL HEALTH BULLETIN

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4th of July 2002

1. Fourth of July is the major holiday of the summer season. The weather is warm, the kids are out of school, and it is the nation's birthday. What this means for many people is *travel, alcohol, water, and fireworks*. Great activities abound - just make it home in one piece after it is all over.
2. Statistics indicate that hundreds of Americans will die in automobile accidents during the holiday season that runs from 4 to 7 July. Major preventable factors will be fatigue, alcohol, stress, and incompetence.
 - Everyone has been well educated about *driving and alcohol*, but it will still claim hundreds of victims.
 - *Fatigue and stress* are major factors that get less attention; but given the rush to get prepared and on the road, will contribute to many accidents.
 - *Incompetence* includes: not studying a map when going to an unfamiliar location, not designating a passenger to be an observer and navigator as you drive, and not looking both ways at every intersection. (Traffic signs and lights are not equipped with automatically activated energy weapons designed to vaporize errant vehicles that run red lights and stop signs, you know – look both ways at every intersection). And simply doing stupid things like running into stationary objects.
3. The *water* is great, and it looks inviting. But, it might be quite cold and the current may be strong. There may even be objects under the water that will claim those who do not check before diving in. Mix in some alcohol, and it is certain that dozens of people will drown this holiday weekend. Don't be one of them.
4. *Fireworks* are fun, and an American tradition. Just use proper care and do not get burned, don't lose any body parts, supervise the kids, and don't start any fires.
5. In short, be diligent, stay alert, and think safety.


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